

# Standardized Recipe Form

Recipe Name Chicken Quesadilla Category entrée Recipe # \_\_\_\_\_

(i.e., entrée, breads)

Process: 3 (1= No cook; 2= Cook and same day serve; 3= Cook, cool, reheat, serve; 4= SOP controlled)

Ingredients  * Indicates a commodity item (Local) Indicates a local item	Servings		Directions: Include <i>step-by- step instructions</i> , the <i>critical control points (CCP)</i> (specific points at which a hazard can be reduced, eliminated or prevented) and <i>critical limit</i> (time and/or temperature that must be achieved to control a hazard).
	50	100	
Whole wheat tortillas* Shredded Cheddar Cheese* Diced cooked chicken (fajita or cubed)* Salsa*  Garnish with local vegetables such as: Lettuce Tomatoes Onions	50 medium 3 lb + 2 oz 4 lb + 8 oz 3 lb + 2 oz	100 6lb 4 oz 9 lbs 6 lb 4 oz	<b>Advanced Preparation:</b> 3 days before serving meal, take cooked chicken out of freezer to thaw.  <b>Cooking Instructions:</b> Warm tortilla shells in the oven. Heat chicken in oven or braising pan to 165°, pour off extra juices just before serving.  <b>Serving Instructions:</b> Place 1 tortilla onto plate, followed by 1 ½ oz of chicken for K-5 and 2 oz for 6-12 then sprinkle 1 oz of shredded cheese over chicken, leave open style and let kids roll up and eat. Salsa for topping.  Serve with a tossed salad and fruit.

Serving Size 1 quesadilla Pan Size \_\_\_\_\_

Yield \_\_\_\_\_ Number of Pans \_\_\_\_\_

Meal Pattern (Based on Serving Size): \_\_\_\_\_

2 oz Meat/Meat Alternative  
 \_\_\_\_\_ Fruit/Vegetable  
1 Grains/Breads

**Oven Temperature & Baking Time:**

	Temperature	Minutes
Conventional	_____	_____
Convection	_____	_____

If available, **Nutrition Analysis:** **Serving Size:** 1 quesadilla

<u>237</u> Calories	<u>2.10</u> Saturated Fat (g)	<u>1.1</u> Vitamin C (mg)
<u>23.1</u> Protein (g)	<u>480</u> Sodium (mg)	<u>236.6</u> Vitamin A (IU)
<u>6.16</u> Total Fat (g)	<u>4.39</u> Fiber (g)	<u>167</u> Calcium (mg)
<u>23.4</u> % Calories from Total Fat		<u>2.33</u> Iron (mg)

This recipe is from Marsha Wartick, Ronan Public Schools, Ronan, Montana.